




# JULY CLASS SCHEDULE 2025

ALLIED GROUP FITNESS



SUN	MON	TUE	WED	THU	FRI	SAT
		1 BIKE & BARRE, 5:30AM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	2 SPIN & STRENGTH, 5:30AM FREE ZUMBA DOWNTOWN, 5:30PM	3 SPIN CYCLE, 5:30AM	4  REST DAY!	5 POUND, 9AM
6  REST DAY!	7 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	8 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM FREE POUND DOWNTOWN, 6:30PM	9 <u>SPIN &amp; STRENGTH, 5:30AM</u> WERQ, 5:30PM JUMPS, 6:30PM	10 SPIN CYCLE, 5:30AM POUND, 4:30PM KETTLE & PEDAL, 5:30PM	11 SPIN & SCULPT, 5:30AM	12 JUMPS, 8AM POUND, 9AM
13 POUND, 9AM **TAYLOR SWIFT** YOGA FLOW, 10AM	14 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	15 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM POUND & POUR @ ENERGY LAB - MIDLAND NUTRITION, 6:30PM	16 SPIN & STRENGTH, 5:30AM WERQ, 5:30PM <u>JUMPS FOR BEGINNERS, 6:30PM</u>	17 SPIN CYCLE, 5:30AM POUND, 4:30PM KETTLE & PEDAL, 5:30PM	18 SPIN & SCULPT, 5:30AM	19 JUMPS, 8AM ZUMBA, 9AM
20  REST DAY!	21 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	22 BIKE & BARRE, 5:30AM POUND, 12PM <u>SPIN &amp; STRENGTH, 5:30PM</u> YOGA FLOW, 6:30PM	23 SPIN & STRENGTH, 5:30AM WERQ, 5:30PM JUMPS, 6:30PM	24 SPIN CYCLE, 5:30AM POUND, 4:30PM KETTLE & PEDAL, 5:30PM	25 SPIN & SCULPT, 5:30AM	26 JUMPS, 8AM POUND, 9AM
27 POUND, 9AM	28 SPIN CYCLE, 5:30AM ZUMBA, 5:30PM DUMBBELL STRENGTH, 6:30PM	29 BIKE & BARRE, 5:30AM POUND, 12PM SPIN & STRENGTH, 5:30PM YOGA FLOW, 6:30PM	30 SPIN & STRENGTH, 5:30AM <u>WERQ, 5:30PM</u> JUMPS, 6:30PM	31 SPIN CYCLE, 5:30AM POUND, 4:30PM KETTLE & PEDAL, 5:30PM	*CLASSES IN BLACK ARE FREE WITH CODE "HAPPY HOUR" AT CHECKOUT!	SPIN CYCLING CARDIO YOGA STRENGTH POUND OUTSIDE

UPDATED 6/30/25

CLASS SCHEDULE SUBJECT TO CHANGE!